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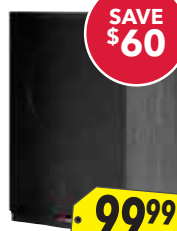


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HAPPY HOLIDAYS! HERE'S A PIECE OF CARDBOARD

PAUL SULLIVAN PONDER'S WHY
WE'RE STILL SENDING
CHRISTMAS CARDS **PAGE 16**



Lazar earns 'C' on junior team

Sens rookie 'very honoured' to
lead Canada's team in world
championship tourney **PAGE 24**

Artist's vision of Ottawa unveiled

OC Transpo HQ's new mural
encompasses everything
Ottawa **PAGE 3**



Accused man 'strong family person'



Norm Bush — whose brother Ian is accused of attempted murder and robbery in the home invasion and robbery of a war veteran — told reporters his family is shocked at the allegations. JOE LOFARO/METRO

Relatives shocked.
Ottawa grandfather
charged with robbing
101-year-old WWII
veteran is to undergo
psychiatric testing



JOE
LOFARO
joe.lofaro@metronews.ca

A 59-year-old Ottawa man accused of breaking into a 101-year-old war veteran's home last week, tying him up, putting a bag over his head and robbing him will remain in custody as he waits to for a psychiatric assessment.

The lawyer for the accused, Ian Bush, and the Crown agreed to adjourn the home invasion case until Christmas Eve for an appearance in mental health court.

Ottawa police arrested Bush Saturday after a man broke into the Second World War veteran Ernest Côté's Rockcliffe Park apartment Thursday morning. Côté was not injured in the incident.

Bush's brother, Norm Bush, told reporters outside the Elgin Street courthouse Monday his family is "very grateful" that Côté escaped unscathed.

"Our hearts and thoughts obviously go to the Côté family," said Norm. "This is a particularly difficult time of the season, so we hope that Mr. Côté and his family as well will be able to take some comfort over the Christmas break."

Norm said he was not aware of any negative feelings his brother might have toward veterans. In fact, he said, both of their parents were veterans of the Second World War.

"He's always been a very

strong family person, so something like this to come forward, these kind of accusations and allegations, for all of us is a big shock," said Norm Bush. Ian Bush has a wife, three adult children and grandchildren.

Police arrested Bush at his Orleans home after surveillance video allegedly caught him using Côté's stolen credit card.

Defence lawyer Geraldine Castle-Trudel said even though there is video footage, what has been disclosed is still a one-sided version of events.

"Just because you read a police report ... that's the police's view of what they think happened. That may or may not be correct," said Castle-Trudel.

"People are presumed to be innocent even though it may look on the surface that it's very clear-cut."

Bush was charged with attempted murder, robbery with violence, forcible confinement, breaking and entering, and two counts of using credit cards obtained by crime.

She said it is very unusual for a 59-year-old to with no criminal history to commit a violent crime.

Quoted

"He's always been a very strong family person, so something like this to come forward, these kind of accusations and allegations, for all of us is a big shock." Norm Bush, brother of the accused

THE BOLD NEW CAMRY



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toyota.ca

Cruiser crashes into light pole

Collision. But police news release makes no mention of cruiser



SEAN
MCKIBBIN
sean.mckibbin@metronews.ca

An Ottawa police cruiser on its way to a call about a man lying in the snow struck a light standard downtown, but you would never have known it from the news release issued by Ottawa police Sunday night.

The initial news release emailed by Acting Staff Sgt. Jamie Aldrich said, "The Ottawa Police Service is advising that the following roads will be closed due to a broken light standard at this intersection. The following routes will be affected:

"Laurier Avenue West will be closed between Kent and Bay Street.

"Slater Street at Lyon Street closed southbound."

Follow-up emails mentioned only roads reopening. The email doesn't say when the incident happened.

On Twitter, meanwhile, regular citizens were telling the public that a police car had



Lila Al-Ghateni took this photo of the crash and posted it to Twitter Sunday night. CONTRIBUTED

been involved in a collision.

Lila Al-Ghateni, tweeting with the handle @Crystal1212121, tweeted out pictures of the crash around 10:30 p.m. She said the crash sounded like an explosion and drew many people from her apartment building.

The building sits on the

southwest corner of the intersection of Laurier Avenue West and Lyon Street and the cruiser plowed into the light standard just outside the front door.

"It looked like he was chasing someone," she said, explaining that she had been on her seventh-floor balcony smoking.

Her neighbour, Amanda Strickland, said she had also been out smoking on her balcony on the eighth floor. She said that the car had been westbound on Laurier Avenue and appeared to crash after trying to make a turn south on Lyon. She added after the car turned south, it was obscured by the

corner of her building.

But there may be another element to the collision. Gati-neau resident and local technology consultant Phil Read told Metro he was driving his daughter home around 10 p.m. and was southbound on Lyon when a cruiser passed him at high speed.

As he saw the cruiser retreat south, he noticed another cruiser on Laurier and saw the southbound cruiser attempt to avoid the other vehicle. Read said he wasn't sure which cruiser crashed.

He said he stopped his car to see if the two officers were all right, and they indicated yes and told him he did not need to stay to make a statement, so he decided to leave.

Contacted by Metro Monday morning, Ottawa police spokesman Marc Soucy said he did not know why the news release did not mention the police cruiser, as the media-relations office is closed on weekends.

Soucy said the call being responded to by the officer driving the cruiser was designated "Priority 1" and the collision is under investigation. He said no one was injured.

He was unable to say what happened concerning the person lying in the snow.

Charity

Sally Ann \$90,000 short of its goal

The Salvation Army is still \$90,000 short of this year's \$600,000 Christmas Kettle goal with just two days left in the campaign.

The campaign supports individuals and families with emergency food, warm clothing and utility assistance during the cold winter months and all year round.

The campaign also supports the Emergency Disaster Services program, which supports victims and first responders during crises. The group says its services support over 20,000 people in need each year in the Ottawa area.

Five-dollar donations can be made on mobile devices by texting HOPE5040 to 45678. Donations can also be made online at FilltheKettle.com, at SalvationArmy.ca, by calling 1-800-SAL-ARMY, or via mail to The Salvation Army Public Re-

lations Dept., 820 Woodroffe Ave., Ottawa K2A 3V7.

METRO

Safe driving

Volunteers step up for Red Nose

Gatineau's Operation Red Nose organizers say people from Ottawa-Gatineau responded in great numbers to a call for volunteers, as the organization recorded more

than 700 volunteers in attendance for last weekend alone.

The group says it drove about 600 motorists home safely. The group says since Dec. 5 it's given out 1,316 rides with 1,429 volunteers, collected \$29,000 in donations for the benefit of youth amateur sport, and logged about 50,000 km of driving.

Volunteers are taking "a well-deserved break for Christmas" and will be back in service Dec. 26, 27, 30 and 31. Until then, organizers are

reminding everyone to plan ahead, so that they don't drink and drive.

Would-be volunteers can print out a registration form at operationnezrouge.com after selecting "Outaouais" region. Once completed and signed, the form must be returned by email to outaouais@operationnezrouge.com or by fax at 819-771-3376.

For more information, call 819-771-2886 or email outaouais@operationnezrouge.com. METRO



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Ottawa artist Bhat Boy in front of his new piece, unveiled Monday at OC Transpo headquarters. TREVOR GREENWAY/METRO

Bhat Boy's vision of Ottawa unveiled at OC Transpo office

True colours. Artist paints whimsical, vibrant tribute to Canada's capital



TREVOR GREENWAY
trevor.greenway@metronews.ca

Ottawa artist Bhat Boy doesn't see Ottawa as a big city.

Instead, the painter sees Canada's capital as a gathering

space — and idealistic utopia where everyone knows each other and helps one another out.

"It's almost like a medieval village where we can recognize people and where you can go from A to B instead of being an intimidatingly large city, but rather a community," said Bhat Boy.

The City of Ottawa commissioned artist unveiled that vision Monday morning with a 15-foot mural mounted in the lobby of the OC Transpo

administration building on St. Laurent Boulevard.

The vivid painting blends the old with the new, incorporating vintage street cars and trolleys with modern busses, trains and Ottawa light rail transit. A starry sky hovers above the firmament, twinkling over Parliament Hill.

The piece is intricate to say the least, with its panoramic view encompassing everything Ottawa — from ice skating on the canal to the iconic Chateau Laurier. You can even see the

Gatineau Hills to the north — picture-perfect in purple. Your eyes could dart across the canvas for years before noticing every little detail in the piece and that was the whole plan, says Bhat Boy.

"I like there to be lots of things in the paintings, so that (the viewer could've) been looking at the painting for a year, but then they can still come in the morning and have coffee and still see something that they have never seen before," said Bhat Boy.


"I feel very privileged to know that one day I am not going to be here, but my art and the things that I have created in life are going to continue to go on and make people happy even when I am no longer here."

Bhat Boy's work was selected ahead of that from 21 other artists who were fighting for the commission job, but it was the fact that most of Ottawa can relate in some way or another to the painting was what made it stand above the rest.

"I think this painting is very engaging," said architect Alex Leung, who designed the lobby renovation at the OC Transpo office.

"I think everybody can relate to the theme of the painting."


"It's very friendly, almost jovial. It's very appropriate for the lobby space. As an architect, part of the renovation of the lobby is to make it a lot more user friendly and welcoming, and I think the painting anchors the lobby."



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The Glengarry Pipe Band plays during last year's Scottish Society's Hogmanay party at city hall. CONTRIBUTED

Ring in the New Year with Scotland

Scottish Society of Ottawa. Local group takes advantage of time difference to get a jump on New Year's celebrations

TREVOR
GREENWAY

trevor.greenway@metronews.ca

The Scottish Society of Ottawa has a solution for all of those young parents whose small kids will not make it until midnight to ring in the New Year: Celebrate it at 7 p.m. when Scotland turns the calendar page.

The society's Hogmanay New Year's Eve bash at Lansdowne Park will boast two countdowns — one to mark midnight in Scotland at 7 p.m. Ottawa time and another to ring in the capital's new year at midnight.

"In Scotland, New Year's Eve or Hogmanay is a big deal. When I was growing up, it

was bigger than Christmas," said the society's Executive Director, John Iverson, adding that Scots who like the sauce don't have to worry about sustaining a two-day hangover.

"There was always a two-day public holiday — the first and the second day of January — as people recovered from New Year's Eve."

It's a good way for the children to ring in the new year and make resolutions themselves (such as to eat more candy or to stop eating broccoli in 2015).

"People come along with their kids and they know they are not going to be able to stay until midnight, but they can still celebrate New Year's with the kids," added Iverson.

The party features family-oriented events all night long including face-painting, traditional ceilidh dancing and ice skating on the brand new outdoor rink at Lansdowne.

For parents who rocked the classic '80s metal look will want to pull out that ripped jean jacket and those acid-wash jeans, because glam rock

New Year's Eve transit

OC Transpo is also offering free bus and train rides throughout the city after 8 p.m. on New Year's Eve.

- **Extra service.** "New Year's Eve is one of the busiest social nights of the year and thanks to OC Transpo and its generous partners residents once again have a safe, worry-free option for travelling," said Mayor Jim Watson.

Can-con favorite Glass Tiger is headlining the event. You can almost guarantee the Scottish-Canadian group will drop classics like "Don't Forget me When I'm Gone," and "Somebody," before the sky lights up with fireworks at midnight.

The entire event is completely free and motorists who don't want to drive home after they've had a few can leave their cars underground at Lansdowne for \$10.

Bail hearing

Man heads back to court

Charlie Manasseri, the man convicted of second-degree murder for the 2005 death of Brian Fudge, will appear in court for a bail hearing Tuesday. He received a life sentence in 2012, but was released on a \$125,000 bond in October 2013. He was later arrested again for breaching his release conditions in October 2014. **METRO**

Carleton University

Co-accused in student slaying appears in court

One of the accused in the homicide of a Carleton University engineering student made a brief court appearance Monday and will return to court after Christmas.

Steve Kozielo, 18, was charged with one count each of manslaughter and robbery.

A justice of the peace ordered him to return to court by video link from jail on Dec. 29 after he speaks with his lawyer this week.

Kozielo was jointly charged with John Ruch, 19, who faces the same two charges in connection with the killing of Tausif Chowdhury, 23.

Chowdhury's body was found on a footpath behind the South Keys transit station on Nov. 27.

JOE LOFARO/METRO

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Freelance music writer uses crowd funder for PR venture's e-commerce



TREVOR GREENWAY
trevor.greenway@metronews.ca

A struggling freelance writer in Ottawa has launched a permanent crowdfunding campaign to support his ongoing PR work that aims to give up-and-coming bands exposure.

Zachary Houle says he'll come to your band rehearsal and help you tighten things up. He'll critique your live show and increase your band's stage presence. Heck, he'll even write your song lyrics if you want him to, and help you zero in on a band name.

"If you are a struggling band and you want to just sit down with someone and say, 'What do I need to do to get my music out there and get some success?' Well, I can do that," said Houle, also the Canadian Music Editor at PopMatters.com.

'Ask the expert'

Houle's price points go all the way from a simple \$25 donation for the Ask the Expert package all the way up to \$1,400 for a biography and press release package.

Visit his page at <https://www.indiegogo.com/projects/hiring-a-music-writer-who-wants-to-work-for-you>

Houle has spent the past seven years freelancing his words to publications like Spin Magazine, the National Post and the Ottawa Citizen — writing album and band reviews and interviewing artists, both famous and local. He's not just a blogger who digs music.

"I have got experience, I have got contacts, I have things I can offer bands," added Houle.

"Essentially what I am trying to do is have a win-win situation here so I can keep my lights on while helping them."

Houle makes it very clear that if you hire him for services, he will not review your



Zachary Houle has launched an Indiegogo campaign as a means of selling PR work in the music industry. TREVOR GREENWAY/METRO

band's demo for publication in Pop Matters or anywhere else. He wants to keep his journalistic integrity intact and keep

his PR work and his journalism separate.

But if you need a news release done up, a band bio or

even just a second set of ears to listen to your drum track in the studio — Houle offers to help where he can without spiral-

ling bands into heaps of debt. He's not a producer, but he says he knows what makes an album good versus just mediocre.



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Releasing electronic data may 'create havoc': Minister

Fear of falsification. Minister Tony Clement says that some electronic data could be altered if released

The Conservative cabinet minister responsible for freedom of information says some federal data cannot be released to the public in electronic format because people might alter it and spread falsehoods.

There's a fear people could "create havoc" by changing the statistical information, said Treasury Board president Tony Clement.

Federal agencies hold a vast

array of data on everything from immigrants held in detention to use of force by RCMP officers. Some researchers have requested data kept in electronic format, only to receive it as a paper printout.

That makes it virtually impossible for the recipient to sort and filter the data to identify patterns and trends.

The Access to Information Act says federal agencies must provide timely access to records in the format requested.

Fred Vallance-Jones, who teaches journalism at the University of King's College in Halifax, said Clement's stance effectively violates the rights of requesters.

Clement's concern about

data manipulation is "specious" because, technically speaking, any federal document — not just a database — could be falsified by someone with ill intent, Vallance-Jones said.

Clement has championed the growth of the government's online data portal, encouraging federal agencies to disclose data in easily sortable formats.

However, some data sets cannot be released in a spreadsheet or similar electronic format, Clement said.

"That's the balancing act that we have to have, that certain files, you don't want the ability to create havoc by making it changeable online," Clement said. **THE CANADIAN PRESS**



Canadian teacher jailed in Indonesia set to start trial

Police officers escort child sexual abuse suspect Zainal Abidin, centre, before his trial on Monday at South Jakarta District Court in Jakarta, Indonesia. An Indonesian court has sentenced five janitors to up to eight years in prison over the rape of a kindergarten student at a prestigious international school. The janitors' sentences were delivered the day before Canadian teacher Neil Bantleman's trial was set to begin in Jakarta. Bantleman, who is also accused of sexually abusing students at the school, said he finds the janitors' sentence "devastating," according to his family. He has been in custody since July and has maintained his innocence. PHOTO: TATAN SYUFLANA/THE CANADIAN PRESS; TEXT: THE CANADIAN PRESS

Halifax

Dalhousie closing public dental clinic

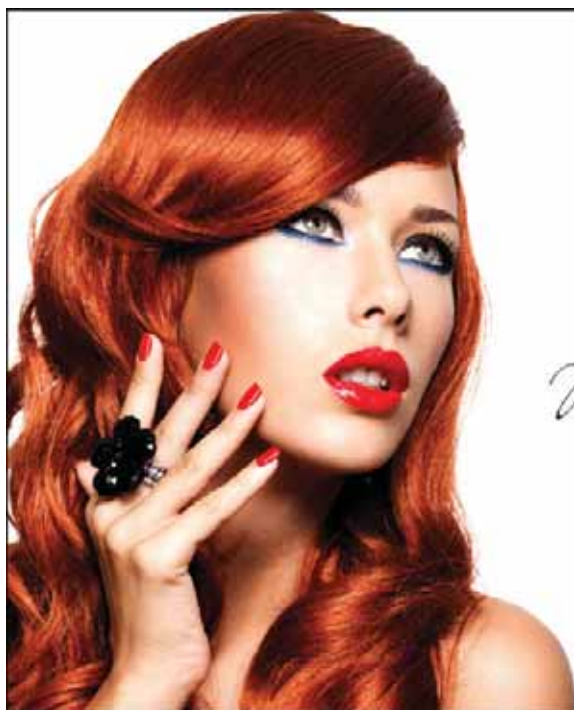
Dalhousie University's faculty of dentistry is temporarily closing its public dental clinic as part of its response to ac-

cusations that male students posted misogynistic messages online about their female peers.

The university says the step is one of several measures being taken so that patients, students, faculty and staff are able to return to

classes and clinics in a safe and supportive environment.

University president Richard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted. **THE CANADIAN PRESS**



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Immigration. Toronto group aiming to speed up application process



GILBERT NGABO
Metro in Toronto

A Toronto group is leading an effort to speed up immigration applications and put a moratorium on deportations for people with ties to three Western African countries battling Ebola.

About 200 people from across Canada signed a petition calling on swift action on applications for people from Guinea, Sierra Leone and Liberia.

The petition was sent last month to Minister of Immigration Chris Alexander. It specifically mentions permanent resident applications for spouses and common-law partners along with the renewal of things like work permits.

"It's a lot of suffering for people whose spouses are left in this whole Ebola crisis as they wait for the papers to come through," said Amadou Barry.

Barry helped led the effort

with other Guineans living in Toronto. They're part of a group called the Citizen Action Commission.

The petition also asks that Canada waive fees for immigration services and start processing visa applications, which were frozen because of Ebola concerns. Barry, who still has family in Guinea, said the economy in West African countries affected by the outbreak has been at a standstill.

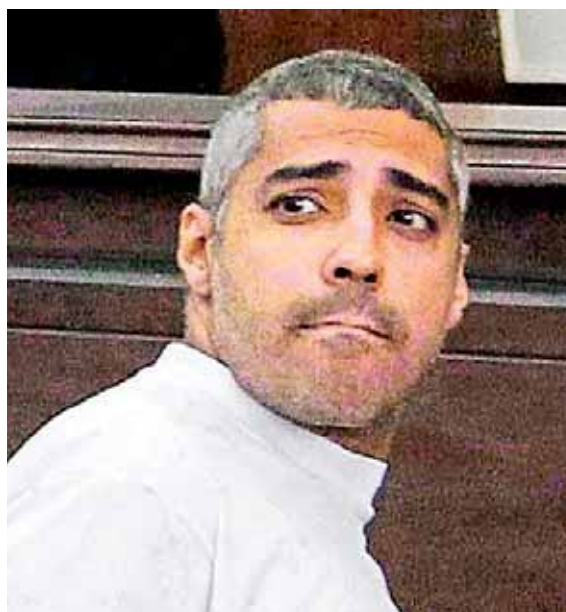
"If some of our people here are not allowed to work and bring help back home, the situation will be even more catastrophic," he said.

The number of Ebola cases confirmed so far is nearing 20,000 with a death toll upwards of 7,000, according to the World Health Organization.

Immigration Canada still advises travellers to avoid non-essential travels to Liberia, Sierra Leone and Guinea.

Calls to the immigration ministry were not immediately returned.

Egyptian-Canadian highlights inner workings of Al Jazeera



Mohammed Fahmy is pictured in a Cairo courtroom on March 31, 2014. Fahmy, an Egyptian-Canadian journalist who has spent the last year in a Cairo prison, sounded the alarm about his network's approach to Egypt's precarious security situation months before he and his colleagues were arrested. HEBA ELKHOLY/EL SHOROUK/THE CANADIAN PRESS

Precarious situation.

Al Jazeera English acting bureau chief was concerned about the organization's legal standing

An Egyptian-Canadian journalist who has spent the last year in a Cairo prison sounded the alarm about his network's approach to Egypt's precarious security situation prior to his and his colleagues' arrest.

Mohamed Fahmy had taken over as acting bureau chief in Cairo for Qatar-based satellite news broadcaster Al Jazeera English in September 2013 when he raised the issue with his bosses.

At the time, Al Jazeera's Arabic channel — Al Jazeera Mubasher Misr — had been barred from broadcasting in Egypt after authorities claimed it was biased towards supporters of the country's ousted former president and accused it of

harming national security.

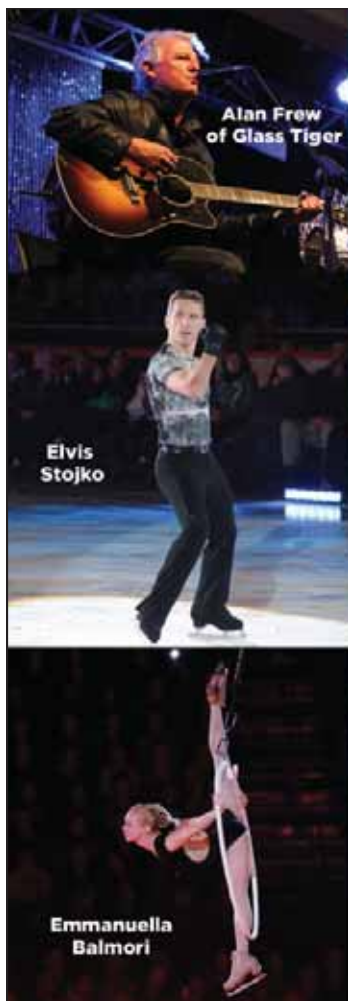
The Al Jazeera English service was still operating from within the country, although out of a hotel and not its offices, but its legal status was unclear, Fahmy noted.

"I have met with the whole team yesterday on my first day and I am impressed with their attitude and energy considering the pressure they have been dealing with lately on the ground," he wrote in an email to executives at Al Jazeera in Doha, Qatar's capital.

"However, the staff is very concerned where Al Jazeera stands legally and I would like to be able to comfort them at some point regarding their security and well-being."

Fahmy and his colleagues have denied all charges against them, saying they were just doing their jobs but after a trial which was denounced by critics as a sham, the trio were found guilty. Fahmy and Greste were sentenced to seven years in prison, while Mohamed was sentenced to 10 years.

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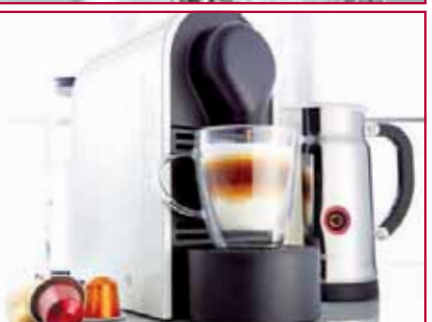
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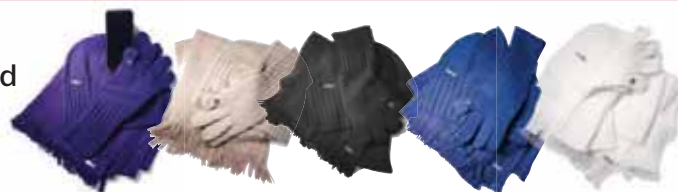
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Halt debate until after funerals, N.Y. mayor says

Two officers killed.
Shot inside patrol car

New York's mayor called on Monday for protests and political debate to pause until after funerals are held for the two officers who were shot and killed inside their patrol car this weekend by a man vowing retaliation for the deaths of black men at the hands of white police.

The killings came at a time when police nationwide are being criticized following Eric Garner's death in a New York officer's chokehold and 18-year-old Michael Brown's fatal shooting in Ferguson, Mo. Protests erupted in recent weeks after grand juries declined to charge the officers involved. On Monday, a prosecutor said a white Milwaukee police officer who was fired after he fatally shot a mentally ill black man in April won't face criminal charges.

"I think it's important that

Quoted

"I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time." NYC Mayor Bill de Blasio

regardless of people's viewpoints that everyone step back," Mayor Bill de Blasio said in a speech at the Police Athletic League. "I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

Officers Wenjian Liu and Rafael Ramos were ambushed Saturday by a 28-year-old who wrote an Instagram post that he would put "wings on pigs." The suspect, Ishmaaiyl Brinsley, was black; the slain New York Police Department officers were Hispanic and Asian.

THE ASSOCIATED PRESS



Glasgow garbage truck kills six pedestrians

Emergency services attend the scene in George Square in Glasgow, Scotland, after six people were killed and several others injured when a garbage truck crashed into a group of pedestrians downtown Monday. The truck veered out of control along a crowded road in the city centre, Supt. Stewart Carle of Police Scotland said. **THE ASSOCIATED PRESS**

North Korea. Country's online access crippled

North Korea experienced sweeping and progressively worse Internet outages extending into Monday, with one computer expert saying the country's online access is "totally down." The White House and the State Department declined to say whether the U.S. government was responsible.

President Barack Obama said Friday the U.S. govern-

ment expected to respond to the hacking of Sony Pictures Entertainment Inc., which he described as an expensive act of "cyber vandalism" that he blamed on North Korea. Obama did not say how the U.S. might respond, and it was not immediately clear if the Internet connectivity problems represented the retribution.

THE ASSOCIATED PRESS

Agenda. UN to address N. Korea's human rights

The UN Security Council placed North Korea's human rights situation on its agenda Monday, a groundbreaking step toward holding the nuclear-armed but poor country and leader Kim Jong Un accountable for alleged crimes against humanity.

This appears to be the first time that any country's human rights situation has been

scheduled for ongoing debate by the UN's most powerful body. China and Russia protested the move, the boldest effort yet to confront Pyongyang over the issue.

An angry North Korea, now on the defensive against a U.S. accusation of hacking, has said it would refuse to recognize Monday's meeting.

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Staff serenade oldest of zoo gorillas

The first gorilla born in a zoo is turning 58 with a celebration broadcast live to online viewers from her Ohio home.

The Columbus Zoo and Aquarium says the female western lowland gorilla, named Colo, is celebrating her birthday Monday with an Ohio-shaped cake made of peanut butter, applesauce, honey, shredded carrots with Greek yogurt frosting.

The zoo said its website

would have video of Colo receiving the cake, opening presents of tomatoes and clementines and being serenaded by zoo staff and visitors.

Colo was born at the zoo in 1956. Officials there say she is the oldest gorilla in any zoo. Colo is a mother of three. Her family tree includes more than two dozen descendants living at zoos across the United States.

THE ASSOCIATED PRESS



Colo, a lowland gorilla, sits in her enclosure at the zoo in Powell, Ohio.

COURTESY COLUMBUS ZOO AND AQUARIUM/THE ASSOCIATED PRESS FILE

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Pope blasts inner circle

15 'ailments of the Curia' Francis turns exchange of Christmas greetings into dressing down of Holy See's central administration

Vatican watchers said they had never heard such a powerful, violent speech from a pope and suggested that it was informed by the results of a secret investigation ordered up by Emeritus Pope Benedict XVI in the aftermath of the 2012 leaks of his papers.

Benedict tasked three trusted cardinals to probe deep into the Vatican's backstabbing culture to root out what would have prompted a papal butler to steal incriminating documents and leak them to a journalist. Their report is known only to the two popes.

Francis had some zingers: How the "terrorism of gossip" can "kill the reputation of our colleagues and brothers in cold blood." How cliques can "enslave their members and become a cancer that threatens the harmony of the body" and eventually kill it off by "friendly fire." How some suffer from "spiritual Alzheimer's," forgetting what drew them to the priesthood in the first place.

THE ASSOCIATED PRESS

To the Catholic Church's "seven deadly sins," Pope Francis has added the "15 ailments of the Curia."

Francis issued a blistering indictment of the Vatican bureaucracy Monday, accusing the cardinals, bishops and priests who serve him of using their Vatican careers to grab power and wealth, of living "hypocritical" double lives and forgetting that they're supposed to be joyful men of God.

Ticking off 15 "ailments of the Curia" one by one, Francis urged the prelates sitting stone-faced before him in the marbled Sala Clementina to use the Christmas season to repent and atone and make the church a healthier, holier place in 2015.



Hundreds win The Fat One

Owners of a lottery office in La Eliana, near Valencia in eastern Spain, celebrate Monday after a ticket they sold for 20 euros (about \$28) won one of more than 100 first prizes worth 400,000 euros (about \$570,000) in Spain's El Gordo (The Fat One) Christmas lottery. The world's biggest lottery has a total prize pot of 2.5 billion euros (about \$3.6 billion). More than 100 of the top winning tickets were sold in an upper middle-class Madrid neighbourhood, 20 more purchased in the southern city of Cadiz and a handful sold in other cities across the nation. ALBERTO SAIZ/THE ASSOCIATED PRESS



U.S. railroad execs want to put a single engineer in charge of trains that can take 20 minutes to pass through a crossing. THE ASSOCIATED PRESS FILE

Push to cut train staff

Trend. Executives in America want to reduce the number of people on freight trains from two to one

When American freight trains delivered cargo after the Second World War, the steam-belching beasts commonly had seven people aboard: an engineer, a conductor, up to four brakemen and a fireman.

Trains have since grown much longer, seemingly stretching to the horizon and often taking 20 minutes to pass through a crossing. And crews have been reduced in size — first to five people in the 1970s, and then to just two in 1991.

Now U.S. railroads want to put a single person in charge of today's huge locomotives, taking a step toward a future in which the nation's rail-cargo system could resemble toy train sets — highly mechanized networks run by computers or distant controllers.

For the moment, freight trains generally have two people aboard, an engineer who drives the train, and a conductor who oversees the long line of cars. Railroad executives want to reduce that to a lone engineer, saying advances in safety systems, including a new automatic braking system under development, could minimize risks.

But labour groups and people who live near rail lines are skeptical.

"These trains are 7,000 tons going 50 miles per hour. You have to have two people," said J.P. Wright, an engineer for CSX railroad in Louisville, Ky. "It's mindboggling to me that the railroads would go this far with it."

The mayor of the Chicago suburb of Barrington asks how one person could split a stopped train to allow traffic and first responders through in the event of an emergency.

"There may be technology to compensate for some of it, but I would have questions," Karen Darch said.

THE ASSOCIATED PRESS

U.S. Industry spearheads drone safety campaign

Alarmed by increasing encounters between small drones and manned aircraft, drone industry officials said Monday they are teaming up with the U.S. government and model aircraft hobbyists to launch a safety campaign.

The campaign's website, www.knowbeforeyoufly.com, advises both recreational and commercial drone operators on FAA regulations and how to fly their unmanned aircraft safely.

The campaign was announced by Association for Unmanned Vehicle Systems International and the Small UAV Coalition, both industry trade groups, and the Academy of Model Aeronautics, which represents model aircraft hobbyists, in partnership with the Federal Aviation Administration.

Retailers say small drones, which are indistinguishable from today's more sophisticated model aircraft, are selling

well this Christmas.

"In just a few days, kids old and young will unwrap presents, and many of them — maybe tens of thousands — will have unmanned aircraft," Michael Toscano, president of the unmanned vehicle association, said in a conference call with reporters.

"This technology is very accessible and in very high demand, but information on how to fly safely isn't readily available. That's why we've

created this safety campaign."

The FAA is concerned that amateurs are using the drones in a reckless manner, increasing the likelihood of a collision that could bring down a plane or rain debris down on people.

The agency has been receiving about 25 reports per month this year of drones sighted flying near manned aircraft or airports, up from just a handful of reports two years ago. THE ASSOCIATED PRESS

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Tree, menorah, lights

Tweets control holiday display

Twitter users anywhere in the world can control the lights on a holiday display in New Jersey.

Tweets will turn on — and off — a nine-foot Christmas tree, a menorah and more than 1,000 LED lights at Oxford Communications in Lambertville.

Tweet #brilliant#twinkle to @Oxmas_Tree to light the display and tweet #figgy pudding to turn them off. THE ASSOCIATED PRESS

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VOICES

XMAS CARDS AGAINST HUMANITY

It's almost Christmas, and you probably forgot to mail out those cards again, which means right about now your friends are probably getting dancing elves in their inbox



PAUL SULLIVAN
readers@metronews.ca

It's that time of year again.

You know, when you think about sending Christmas cards to friends and loved ones, but as one Canada Post deadline after another sails by, they stay in the box until next year, and they won't get sent then, either.

I'm not exactly sure what keeps them in the box. There are plenty of reasons, even without inertia. And inertia's good enough.

Someone should start Inertia Anonymous.

But Christmas cards are hard work. First, you have to buy them, with all the decisions that implies.

Should they say Merry Christmas and offend friends who aren't Christian, or Happy Holidays and underwhelm everyone, including the non-Christians?

Should they be tasteful or should you go all Thomas Kinkaid, opting for fantasy frost and cozy kitsch and damn the torpedoes?



Should each purchase benefit the world's children?

Should the cards be made of 100 per cent re-chewed pulp?

OK, we've got the cards. Now we have to find actual addresses that require something called "postal codes."

Then we have to decide if we're going to subject everyone to the annual State of Christmas address or just write a cheery greeting followed by the appropriate number of xs and os. (Signing XXXOOO on the bank manager's card is obvious and embarrassing).

Unless all three of your children gradu-

ated this year from Harvard Medical School, you'll be hard-pressed to keep up with the competition, so it's wise just to jot a thoughtful note, such as: "It's been a long time since we got together. Are you still alive?"

Once you've addressed and written the cards, next come the stamps. If you've been out of the snail-mail slow lane for a while, you're in for a shock: The price of stamps has gone up to a buck apiece.

This is a million per cent increase over last year, when it cost 63 cents. If you send out 20 cards, which you will do according to a Canada Post poll, that's \$20 bucks for just being thoughtful.

Of course, the deadline for getting the cards delivered by Christmas expired in

October, which means you and your friends will be exchanging face-saving Christmas cards well into April.

It's enough to make you give up and send images of creepy dancing elves to all your virtual acquaintances via email, Facebook, Twitter, LinkedIn, Instagram and various other stress-inducing electronic bombardments.

But despite all the nonsense that goes with the cardboard artifacts, Britons send a billion a year, Americans 1.4 billion.

And while that number is down from 1.9 billion in 2009, the generation known as Millennials have shown a heart-warming tendency to include Christmas cards along with vinyl records, robust facial hair and artisanal this or that in their quest for the lost authenticity of the ancients. So I will persevere. Starting with the box I bought in 2009, I pledge to send out cards in time for Christmas 2015. HOH OH!

Surviving your family: Booze, Ativan and other tips



REBECCA KOHLER
readers@metronews.ca

Oh man, it's that time of year again: Christmas! Or Hanukkah! Or what ever word it is you use to define "awkward family gathering."

Don't get me wrong, I love Christmas and, for the most part, I love my family. But there's a reason that when I prepare myself a festive beverage people often ask, "Did you want some egg-nog in that bourbon?"

I need that drink to aid in the circumnavigation of uncomfortable questions, buried family tensions and the fact that I'm now wearing a feather boa because my Aunt Lois thought it was, "Perfect for me."

I'm not saying drinking is the answer. Ativan helps too. But if substances aren't your thing, there are other ways to help yourself through the labyrinth of emotional grenades that Christmas day can bring.

For instance, if you're a woman, you may be asked a lot of questions about your womb.

Few win the next-of-kin lottery

If you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are.

What's it doing? What's it thinking? It must be so dusty in there! First, you need to let these questions/comments roll off your back as if it were covered in baby oil (an oil you'd know more about if you had a baby!).

Remember, it's a common misconception that all women want/can have babies and your family member is just trying to tap into some common ground.

They don't know that you have reproductive issues, or you're single or that you'd rather eat out of a garbage can than have a kid, so don't get mad or uncomfortable, just deflect. Make a joke like, "My womb is thinking what my stomach's thinking: Where's the turkey?!" Everyone will laugh and you'll distract prying eyes from the

fact that you cry yourself to sleep every night with your cat.

Then there's always the "How's work?" question. This one can really be a stinker.

Maybe you don't like your job, or your job (in the eyes of others) is subpar, or maybe — and this is where family gatherings are really tricky — maybe your job is amazing and you're a millionaire and you just got a promotion, but the cousin who asked you about it is on disability because he got his finger stuck in the fryer at McDonald's.

This is a no-win situation. You don't want to rub success in the nose of the unsuccessful and yet any failure you admit to will be gobbled up by your bitter relatives like a fried schadenfreude hors d'oeuvre.

So what to do? You can try something like, "The best part about work is that we're not there right now. Am I right, Cousin Jimmy?" and then pat him on the back. If he persists, feign stomach cramps and run to the bathroom. Diarrhea shuts everyone up.

And then there's just the family. Your great aunt with the breath that smells like a dilapidat-

ed tuna factory. Your weird uncle who always tries to kiss you a little too close to the mouth.

There are the nieces and nephews who are so cute for twenty minutes and then you wish you had some Ambien For Kids. The combination of turkey and wine have left you with the inability to move, yet you're stuck on the couch beside your mother who won't stop commenting on how "Round your face is looking."

By the way, if you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are. Go to your holiday gatherings and hug your family extra tight, because you must have won the next-of-kin lottery. I'll bet you have perfect teeth too. How nice for you.

For the rest of us, the question is: Why do we do this? Is it for the gifts? The food? Is it for Jesus? Well, call me a sap, but I think it's for love. Because while all of this sounds awful, and all the people I'm going to see make me want to book an emergency appointment with my therapist, I love them. Does that make love sound gross and weird? Yes! And I wouldn't have it any other way.

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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Mel B ALL PHOTOS GETTY IMAGES

Issues with mom may have
led Mel B to mix meds: Source

Whoa. So last week, former Spice Girl Mel B (real name Melanie Brown) missed a taping of the British version of X Factor after heading to the hospital because of stomach pains. But now it turns out that was a bit of a fib.

A source tell Radar Online that Brown "was hospitalized

because she mixed tranquilizers, including Xanax, with alcohol. It was absolutely accidental and not intentional. She wasn't suicidal, but the pressure of being back in London brought a lot of unresolved issues to the surface concerning being estranged from her mother, Andrea,

and the rest of her family."

Dang, source, ease off with the oversharing. You could've just left it at "not intentional." Brown has reportedly been holed up in a London hotel with her daughters since leaving the hospital and has been cleared by doctors to return to the U.S.

Sheen's show gets shelved as 100th
episode hits the screen

Last night's Anger Management finale, it turns out, was the series finale. Charlie Sheen's post-Two and a Half Men project is all done, as cast and crew were informed late last week by FX and Lionsgate that the show would not be renewed.

"I am beyond proud of what we accomplished over the course of 100 episodes," Sheen says in a statement. "We created something uniquely special with some of the most talented individuals I have ever had the privilege to work with. My sincere thanks to all for their unwavering love and



Charlie Sheen

support. Here's to the next chapter."

The network brass ap-

parently informed the team Friday, ahead of Monday's 100th episode debut, which certainly put a damper on the celebrations.

The series was kicked off in a unique manner, with Sheen orchestrating a deal with the network where he made 10 episodes and if they liked them, they had to order a minimum of 90 more, instantly triggering a syndication deal and resulting in an often draining production schedule for those involved. Up next for Sheen? Reprising his Ferris Bueller's Day Off character for a cameo on The Goldbergs.

Clooney heads
Downton for Christmas

Remember all that talk about George Clooney making an appearance on Downton Abbey? Well, the moment has arrived. Clooney gets in on the action for the series' Christmas comedy bit made for the ITV network's annual charity drive, featuring the hit British show getting the It's a Wonderful Life treatment as Lord Grantham (Hugh Bonneville) frets about how he's ruined the family finances. Absolutely Fabulous star Joanna

Lumley plays his guardian angel, and Clooney pops up as George Oceans Gravity, Marquess of Hollywood, the PDA-happy guy Cora (Elizabeth McGovern) ended up with since Lord Grantham had never been born. Let's just say he might've been onto something.

A plot twist involving
prosthetics sees Pitt pounce
on the Hannibal exit

Michael Pitt is apparently all done with Hannibal and won't be returning for the show's third season, but that doesn't mark the end of his character, meat-packing magnate Mason Verger. Pitt will be replaced by Across the Universe star Joe Anderson, and hopefully fans won't notice the difference. I mean, he ended Season 2 doing some pretty grisly things to his own face, meaning lots of stomach-turning prosthetics, so it just might work. Sources say Pitt made the decision to leave the show, probably seeing his character's intense facial mutilation as the perfect opportunity to do so. Oh, and



Michael Pitt

Anderson posted a pretty alarming photo of himself in full Verger makeup on the character's Instagram account, so now we kind of see Pitt's point.

Cox loved Beyoncé's
Christmas card like XO

Orange is the New Black star Laverne Cox totally wins the relatability award this year for her perfectly measured and understandable reaction to receiving a Christmas card from Beyoncé. I mean, it's a Christmas card from Beyoncé. Cox posted a shot of the signature to Instagram, explaining, "So when I opened this holiday card a few days ago and read 'Love Beyoncé,' I literally fell to the floor. I was on the floor of my apartment.

I have witnesses." Don't worry, we believe you.

She also writes, "Thanks Bey for the gift" and includes an image of a sweatshirt emblazoned with Cake by the Pound. It's unclear whether the item is said gift — I mean, it would make sense, right? — but the important thing is I would like to know more about this cake by the pound policy. Where do I sign up?



Laverne Cox

The women ruled in 2014

The year 2014 solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Sure, the men put in a good showing, but when you turn on the radio (or browse through a music streaming service), you're going to hear a lot of females. Here are the women who rocked the pop music world this year

LISA WEIDENFELD AND EMILY LAURENCE
scene@metronews.ca



Beyoncé

Technically, her album came out in December 2013, but it was one of the biggest hits of 2014, giving us all a chance to say "surfbort" to each other and worship at the throne of Queen B. Plus, her new cover of her own Crazy in Love turned the 50 Shades of Grey trailer into something genuinely steamy.

Ariana Grande

It was impossible to escape this pint-sized popstar this year. Her album My Everything generated three top tracks: Problem (featuring Iggy Azalea), Break Free (featuring Zedd) and Love Me Harder (featuring The Weeknd), Grande by far proved that her Nickelodeon days are forever behind her.



Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, 1989. It debuted at number one on the Billboard charts and her Shake It Off video is one of the most-watched of the year, with more than 356 million views. Her album, plus a massive stadium tour and endorsements helped the 22-year-old earn a cool \$57 million this year.

Miranda Lambert

Being honoured as CMT's artist of the year wasn't the only accolade Miranda Lambert racked up this year. She is also nominated for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.



Lorde

Eighteen-year-old Lorde went from singer to producer this year, by curating The Hunger Games: Mockingjay — Part 1 soundtrack. Including artists such as CHVRCHES and The Chemical Brothers, as well as releasing her own song Flicker Beat, got her respect from critics and teen fans alike.



Five guys who also had pretty good years

The year wasn't all Beyoncé and Iggy Azalea songs. Women may have dominated the music scene, but a few good men had their share of success, too. Here are the top five:

Childish Gambino

What started as a cult following transformed into mass appeal this year for rapper (and Community actor) Childish Gambino, who got a Grammy nod for his song, 3005.

Nick Jonas

This was the year Nick Jonas officially became a man — at least in the public's eye. Unlike brother Joe Jonas (whose solo career flopped) Nick is garnering success with his hit Jealous, which reached No. 8 on Billboard and generated 14 million views on YouTube.

Pharrell

If Happy seems like the most-played song of the year, it was. It held the top spot on the charts longer than any other song this year. No wonder he's up for four Grammys.



Sam Smith GETTY IMAGES

Sam Smith

Sam Smith was another of 2014's newly minted stars, with his heartbreaker Stay with Me filling the Adele-shaped hole in our hearts (for now). Just how successful is he? He popped up in pictures from Taylor Swift's 25th birthday party alongside Jay Z, Beyoncé, and the rest of Swift's posse.

Ed Sheeran

The British crooner can do no wrong these days. 2014 saw him release both Sing and Thinking Out Loud, as well as contribute to the Fault in Our Stars soundtrack and win an MTV Video Music Award for the video for Sing. **METRO**



Charli XCX

The Dec. 14 SNL musical guest has been around for a few years, penning 2012's megahit I Love It for Icona Pop. But this year saw her break through on her own, with Boom Clap on the Fault in Our Stars soundtrack — a must-have for bookish teens everywhere.



Iggy Azalea

The Florida-by-way-of-Australia rapper had one of the biggest breakthrough years in memory, teaming up with Charli XCX for Fancy and Ariana Grande for Problem. She also claimed a piece of history: She's the only act other than the Beatles to have her first two Billboard hits rank 1 and 2.



Nicki Minaj

If you've gotten Anaconda out of your head even once since you first heard it, we'd be surprised. Minaj scored another huge hit with this track, as well as garnering tons of hits for the sexy/funny music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online, with 19.6 million hits.

St. Vincent

Singer St. Vincent has come a long way from her time as a member of the Polyphonic Spree. After her much-loved team-up with David Byrne in 2012, she came back with 2014's eponymously titled St. Vincent, perhaps her biggest success yet. The album ended up with a Grammy nomination for Best Alternative Music Album.



Tove Lo

Sometimes, singing about sex clubs and getting high can pay off. It did for Swedish singer Tove Lo, who broke it big in the States this year with her song, Habits (Stay High), which reached No. 3 on the Billboard charts.

LIFE 3

Let's all eat, drink and be healthy

Tips. How to enjoy all the yuletide offerings without paying for it in the New Year

There will be a lot of overeating over the holidays.

There are all those high-cal foods that family traditions link to holiday celebrations. Eggnog (cream plus eggs plus sugar plus alcohol). Mashed potatoes whipped with cream cheese and plenty of butter. Gravy. So much gravy.

Given that the holidays are a season of excess and traditional holiday foods are highly calorific, we asked dietary experts how to contain the damage. Specifically: If there is one thing to cut out to make the feasting less excessive, what should it be?

Surprisingly, several of our experts did not advise eliminating a particular food. And a number didn't even frown on the idea of seasonal indulgence. But they did offer some suggestions to contain the calories.

"I'd say that if overeating is ever allowed, that it is allowed for the major festivities that occur a few times a year — provided food intake is controlled the rest of the time," says Thomas Wolever, a professor in University of Toronto's department of nutritional sciences.

Wolever says overeating by 2,500 calories — in other words, doubling an average daily intake — on three days a year can be offset by cutting back 20 calories per day for the other 362 days.

Len Piche suggests focusing on portions and finding low-calorie options.

Savour foods slowly, using smaller servings on smaller plates to help limit the cal-



When you sit down for Christmas dinner, there's a few easy ways to keep it healthy. ISTOCK

ories, says Piche, a nutrition professor at Western University's Brescia University College.

Drink water before a meal. Don't skip breakfast or lunch to focus on a big dinner.

"Trying to 'save yourself' for big meals by skipping meals earlier in the day might backfire. You may develop a ravenous appetite and end up eating more calories than you normally would," Piche says.

Rena Mendelson, a professor of nutrition at Ryerson University in Toronto, also offers some tips that might help you control your calorie intake better at a big holiday meal.

"Before you go to a holiday party, have a bowl of soup and avoid any of the pre-meal treats as they tend to be very high in calories," she says.

Go ahead and indulge

"A weight management program will not be set back by indulging a few times a year — provided discipline is maintained most of the time."

Thomas Wolever, a professor in University of Toronto's department of nutritional sciences

"Eat the main meal and have enough to feel satisfied but not overfed. This may help to limit the dessert course..."

Watch your liquid calories, suggests Dr. Yoni Freedhoff, a professor of obesity medicine at the University of Ottawa.

"If I were to pick one thing to ditch, it would be the sweet stuff as many a home has the tradition of sugary soda for festive meals," he says.

One dietary expert did recommend a food item to cut. And Dr. David Jenkins acknow-

ledges his nomination may qualify him for the role of the Grinch. Jenkins suggests cutting whatever the main meat dish is in your holiday dinner.

It's not that Jenkins thinks it's the least healthy. It's that pulling out the linchpin, so to speak, would fundamentally change our approach to the meal. He thinks with the planet's expanding population, climate change and the obesity epidemic, it's time to start thinking about eating in a more sustainable way.

"It would be a radical change in the 'sit-down-and-gorge' concept that's the centre of Christmas," says Jenkins, a researcher at Toronto's St. Michael's Hospital who studies the effects on cholesterol and health of eating more plant-based foods and fewer processed food products.

"It forces people to think about other options," he says of his recommendation. "They may think, hopefully, of more environmentally friendly options. They may think of more plant-based diets."

"They may, in fact, forgo a large meal and do some snowboarding. ... I think that we've got to start thinking about other things at Christmas than sitting down and getting comfort food."

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How ibuprofen may extend your life



The lifespan of the species in the study (yeast, worms and flies), which used ibuprofen, increased by 15 per cent. AFP

Study. Researchers looked at the effects of the drug on the lifespan of a range of species and say it may also work for humans

An over-the-counter pain-relieving and fever-reducing drug could lead to a longer and healthier life for many species and possibly humans, too, according to a new study at Texas A&M University (TAMU).

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer," says lead author Dr. Michael Polymenis, a biochemist at TAMU's AgriLife Research station. "Then we tried the same process with worms and flies and saw the same extended lifespan. Plus, these organisms not only lived longer, but also appeared healthy."

The yeast, worms and flies were treated with

ibuprofen at doses proportionally comparable to the recommended dose for humans and increased their lifespan by 15 per cent.

If human lifespans increased by that amount, it would add an extra dozen years of healthy living, according to Dr. Polymenis, who says his experiments on worms indicate good health would be part of the package.

Measurements of worms' thrashing and the pumping movements they made while swallowing under treatment indicated they were thriving in their extra years and not suffering.

Over the course of the three-year study, Dr. Polymenis observed that ibuprofen hinders the ability of yeast cells to pick up an essential amino acid found in every cell of every organism called tryptophan.

Less tryptophan being dissolved into yeast appears to make a difference, but Dr. Polymenis said he isn't sure why yet.

Drugs other than ibuprofen are working, too,

The study

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer."

Dr. Michael Polymenis, a biochemist at Texas A&M University

according to Dr. Brian Kennedy, the president and CEO of the Buck Institute for Research on Aging in Novato, California, who collaborated with Dr. Polymenis.

"Our institute is interested in finding out why people get sick when they get old," says Dr. Kennedy.

"We think that by understanding those processes, we can intervene and find ways to extend human health span, keeping people healthier longer and slowing down aging. That's our ultimate goal."

The study was published in the journal Public Library of Science, Genetics. AFP

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Relationships. Women have greater partner empathy than men: study

It might not seem like news, but women exhibit considerably more empathy toward their partners than men do, according to a large-scale study at Griffith University and the University of Queensland in Australia.

When their partners succumbed to illness or experienced a traumatizing life event, women were noticeably affected, but the inverse

was not true, according to Dr. Cindy Mervin from Griffith and Prof. Paul Frijters from the University of Queensland.

"It is not that men are unemotional or uncaring, since they are quite strongly affected by what happens to themselves, but they simply are not very emotional when it comes to the feelings of their partner," says Mervin.

AFP



Women are more affected than men when their partners are suffering. AFP

Parenthood

Pregnancy affects dad's hormones

Fathers-to-be can experience a drop in two hormones, testosterone and estradiol, as their wives' pregnancies progress, according to a first-of-its-kind study at the University of Michigan.

Past research has indicated that fathers' testosterone drops after the birth of a baby and a study at Northwestern University confirmed this to be the case in 2011, a finding the researchers say is consistent with other species in which males help care for offspring.

Why the hormones change is not yet fully understood, according to lead author Robin Edelstein, whose study was published in the American Journal of Human Biology.

"These changes could be a function of psychological changes that men experience as they prepare to become fathers, changes in their romantic relationships, or even physical changes that men experience along with their pregnant partners," says Edelstein. AFP

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1. Preheat oven (10 to 20 minutes) to 325 F (160 C).

2. In large frying pan, heat oil over medium-high; cook onions, whole garlic cloves, thyme and sage sprigs, and half each of the salt and pepper for 6 to 8 minutes, stirring frequently, or until onions are golden and softened. Transfer to plate; cool.

3. In bowl using a wooden spoon, cream together butter, chopped sage and thyme, chopped garlic, and remaining salt and pepper. Transfer 2 tbsp (25 ml) of mixture to a small bowl; set aside. Stir Dijon into remaining mixture.

4. Remove turkey neck and place in bottom of roasting pan. Pat turkey very dry inside and out with paper towel. Brush entire surface of turkey with Dijon herb butter, placing some under skin of breast as well. Place one-third of onion mixture into cavity of bird. Truss bird to tuck in legs and wings. Place turkey directly in roasting pan, breast side up, and arrange remaining onion mixture in



This recipe serves 15. PRESIDENT'S CHOICE

pan around bird. Cover loosely with foil.

5. Place roasting pan in bottom third of oven. Roast for 20 minutes. Add 2 cups (500 ml) water to the pan. Roast for 18 minutes per lb (500 g) or until meat thermometer inserted at thickest part of thigh reads 185 F (85 C). Remove foil for last half-hour of cooking to allow skin to brown and crisp. Remove from oven. Carefully transfer turkey to a wire rack set over a rimmed baking sheet.

Tent with foil. Let stand for 20 minutes before carving.

6. Meanwhile, remove neck from pan and set aside. Carefully strain pan juices into a large glass measuring cup; let stand a minute to allow the fat to rise to the top. Discard solids in sieve. Spoon as much of the fat away from strained drippings as possible.

7. Set roasting pan over medium heat. Pour in wine; whisk briskly to get up browned bits on bottom of

pan. Once reduced by half, return strained juices and neck to roasting pan. Add juices from under turkey and bring to a simmer. Stir flour into the

reserved herb butter; a bit at a time, whisk into simmering turkey jus. Once all butter is whisked into jus, simmer for 3 to 4 minutes or until thick-

ened. Discard neck. Strain again if needed. Pour into a gravy boat and serve alongside carved turkey.

PRESIDENT'S CHOICE

Ingredients

- 2 tbsp (25 ml) canola oil
- 2 large onions, peeled and cut in thin wedges
- 10 cloves garlic, peeled
- 4 each sprigs sage and thyme
- 2 tsp (10 ml) salt
- 1-1/2 tsp (7 ml) freshly ground

- black pepper
- 2/3 cup (150 ml) PC Country Churned Butter - Unsalted, softened
- 1 tbsp (15 ml) each chopped fresh sage and thyme
- 1 tbsp (15 ml) finely chopped

- garlic
- 1 tbsp (15 ml) Dijon mustard
- 1 PC Free From Whole Turkey, about 6.2 kg, thawed
- 1/4 cup (50 ml) dry white wine
- 2 tbsp (25 ml) all-purpose flour



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Give your leftovers new life

In this Turkey and Napa Cabbage Salad with Lime-ginger Vinaigrette, I take the taste buds someplace decidedly un-Christmas-y.

I lean toward the anti-feast by making a salad with crunchy veggies.

Also, I completely change the flavour profile by bringing in ginger and lime, which feels more Asian-inspired.

1. In a large serving bowl, layer the cabbage, scallions, carrot, turkey, cilantro, tortilla chips

and peanuts. Set aside.

2. To make the dressing, in a small bowl whisk together the mustard, soy sauce, rice vinegar, lime juice and hot sauce until smooth. Add a tablespoon or 2 of water if too thick. Slowly whisk in the oil until well-blended and the dressing is uniform. Add the ginger and whisk until incorporated. When ready to serve, drizzle the dressing over the salad, then toss well.

THE ASSOCIATED PRESS/FOOD NETWORK
STAR MELISSA D'ARABIAN, AN EXPERT ON

Ingredients

Salad

- 1/2 head napa cabbage, thinly sliced
- 2 scallions, chopped
- 1 medium carrot, grated (about 3/4 cup)
- 2 cups cubed cooked turkey (or chicken)
- 1/4 cup chopped fresh cilantro
- 1 oz low-fat baked tortilla chips,

lightly crushed

- 1/4 cup chopped peanuts

Dressing

- 1 tbsp Dijon mustard
- 2 tbsp reduced-sodium soy sauce
- 2 tbsp unseasoned rice vinegar
- Juice of 1/2 lime (about 1 tbsp)
- 1 tsp hot sauce (such as Sriracha)
- 3 tbsp vegetable oil
- 1 tbsp grated fresh ginger

HEALTHY EATING ON A BUDGET AND AU-

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NHL mumps outbreak

Penguins sit out two more

The Pittsburgh Penguins just can't seem to shake off the mumps.

Backup goaltender Thomas Greiss and forwards Brandon Sutter and Steve Downie were sent home on Monday to undergo testing for the virus.

Teammates Sidney Crosby, Beau Bennett and Olli Maatta have already dealt with the illness, which has affected more than a dozen players across the league over the past month.

THE ASSOCIATED PRESS

Premiership

Terry scores in 2-0 win over Stoke

John Terry scored his first league goal of the season to help Chelsea beat Stoke 2-0 Monday and restore its three-point lead atop the Premier League.

Terry put his side ahead in just the second minute with a powerful header from a corner, and Cesc Fabregas doubled the lead in the 78th to make sure Chelsea re-established the gap on second-place Manchester City. THE ASSOCIATED PRESS

Brampton native

Henry cleared for West Ham move

Doneil Henry is about to join the select list of Canadians to play in England's Premier League.

The 21-year-old former Toronto FC defender from Brampton, Ont., had his work permit approved Monday, paving the way for a move to West Ham United.

"Absolutely fantastic news for Doneil," said former Toronto FC manager Ryan Nelsen, who recommended Henry to West Ham boss Sam Allardyce.

THE CANADIAN PRESS

NBA

"There could be an argument, and a strong argument, to starting our season later."



ABC's NBA analyst Jeff Van Gundy explaining that starting the NBA season on Christmas Day would "avoid a lot of the NFL and college football season." Football is quiet on Christmas, so the NBA loads up with a five-game schedule.



Senators visit Washington looking for an eighth win

Jean-Gabriel Pageau of the Ottawa Senators, left, and Alex Ovechkin of the Washington Capitals go after the puck during the first period at Verizon Center on Monday in Washington, DC. The Senators visit Washington trying to extend a seven-game winning streak over the Capitals.

Go to metronews.ca for the game's final score and more coverage. ROB CARR/GETTY IMAGES

Seahawks back on repeat track

A win from playoffs.

Five winning weeks enough to make Seattle the hottest team in the NFL

When Marshawn Lynch got to his feet following the longest touchdown run of his career, there was still one more defender to shrug off.

Safety Earl Thomas went racing off the sideline to leap on Lynch and add to the Seattle Seahawks' end-zone celebration.

The Seahawks are the hottest team in the NFL with a five-game win streak and the chance at a second straight NFC West title and home-field advantage throughout the playoffs. Seattle (11-4) has also rediscovered having fun while re-establishing itself as favourite in the NFC.

This was never more evident than Sunday night's 35-6



Seattle Seahawks tight end Luke Willson celebrates his touchdown during the first period against the Arizona Cardinals, Sunday, in Glendale, Ariz. Seattle is back as a favourite in the NFC. RICK SCUTERI/THE ASSOCIATED PRESS

route of Arizona. No moment was more telling than Lynch's 79-yard touchdown run early in the fourth quarter.

"I had as much fun last night as I've had coaching... All of the stuff that was happening was just a blast," Seattle coach Pete Carroll said on his weekly radio show Monday morning.

Five weeks ago, Seattle's

chances of making the post-season were in question, perhaps on the cusp of being the latest Super Bowl winner to watch the playoffs the following season at home. Now all Seattle needs is a win at home against St. Louis — and Detroit and Green Bay to avoid playing a tie — and the Seahawks will be the No. 1 seed.

Last season, Seattle played at MetLife Stadium and shut out the New York Giants 23-0 in Week 15, then returned a month and a half later to stymie Denver in the Super Bowl. Could a repeat be on the horizon, with this year's Super Bowl played on the Cardinals' home field?

"I don't think that far," Seattle linebacker Bobby Wagner said. "I think we have a lot of challenges up before we think that far ahead, but I like our chances."

The result Sunday wasn't unexpected. For all Arizona has overcome this season with injuries and absences, the Cardinals were still starting a third-string quarterback against the No. 1 defence in the NFL.

The surprise was the eruption of Seattle's offence, setting a single-game franchise record for total yards with 596. It was the second-most yards by any team this season, trailing only the 639 posted by Pittsburgh in its win over Indianapolis.

THE ASSOCIATED PRESS

Sens rookie Lazar named captain of Canadian juniors

‘Very honoured’ B.C. centre regarded as an upbeat competitor

Curtis Lazar has every reason to be smiling.

The always good-humoured Ottawa Senators rookie on Monday was named captain of Canada’s junior hockey team for the upcoming world championship in Toronto and Montreal.

“I’m very honoured to have this opportunity, and I’m going to take full advantage of it and go out there and play hard for my country,” Lazar told reporters at a hockey charity event in Montreal. “I know there’s a lot of responsibility that comes

along with this, but I’m just going to try to take it in stride and be myself.”

Canada’s coaching staff gave Lazar the news Monday morning, shortly after the team arrived in Montreal from Ottawa, where Canada beat Sweden 5-2 in an exhibition game on Sunday. True to character, the Salmon Arm, B.C., native was grinning from ear to ear when he was told.

“As usual, I was smiling,” said the 19-year-old, who was drafted 17th overall by the Senators in 2013. “It’s pretty cool. I didn’t know it was coming. Anyone could have it. I’m very honoured that my peers and my coaching staff think very highly of me.

“I’m a pretty positive guy for the most part. I’m always smiling and trying to keep the guys light. I like to lead by example. I really focus on little details, and I think that goes a long way.

“I want unity within the dressing room. Regardless of where you’re from in Canada, we’re part of a team now. No one is bigger than the team.”

Lazar, who has a goal and six assists in 27 games with Ottawa this season, was lent to Canada by the Senators last week. He is one of seven returning players from last year’s tournament in Malmo, Sweden, where Canada finished fourth.

One year later, Lazar is



Curtis Lazar speaks during a team availability in Montreal, Monday. Lazar has been named captain of Canada’s national junior hockey team.
GRAHAM HUGHES/THE CANADIAN PRESS

Quoted



“They’re great young men, they want to win, they’re

great hockey players and they want to make a difference. This is what you need in your leadership group.”

Team Canada head coach Benoit Groulx on captain Curtis Lazar and alternates Connor McDavid and Sam Reinhart

thinking of redemption.

“I was disappointed with how we played last year and the result we got,” he said, looking back on Canada’s semifinal loss against Finland,

and the defeat to Russia in the bronze-medal game. “Second chances don’t come around too often. We’re fortunate to have this chance.”

Connor McDavid of the Erie

Otters and Sam Reinhart of the Kootenay Ice will serve as alternate captains for the tournament, which officially gets underway on Dec. 26.

McDavid and Reinhart also

represented Canada at the 2014 junior championship and were teammates at the 2013 under-18 world championship, where the Canadians won the gold medal. **THE CANADIAN PRESS**

Next big thing gets top marks for his character



According to some hockey insiders, Connor McDavid’s skills are matched only by his character. DAVID VAN DYKE/METRO IN TORONTO

Will Connor McDavid be better than Sidney Crosby? Could he possibly be better than Wayne Gretzky?

While the hockey world is having that debate now with the world junior hockey championship coming up, these questions weren’t what preoccupied Mark Seidel two years ago in Drummondville, Que. The veteran scout was entranced by the coming and goings of a 15-year-old McDavid playing at the world under-17s.

Anyone and his grandmother could see how special McDavid’s on-ice talents were, but it wasn’t what he did on the ice that had Seidel transfixed. It was off the ice where McDavid’s stature grew in the scout’s eyes — how the phe-

nom interacted with young fans, some in wheelchairs.

“Body language is a big thing with me,” says Seidel, a talent evaluator for nearly two decades. “I like to see how people interact to see if they’re legit or whether they’re coached up, or what they are like when the cameras are off.”

What he saw from McDavid, who was talking and playing with developmentally delayed kids, impressed him.

“You could see he genuinely enjoyed interacting with young kids,” Seidel adds. “He was just a guy. He wasn’t looking for cameras. You got the sense that he really enjoyed being there. He wasn’t doing it because he thought he should or it was his duty. It was just

Earning respect

As for that November fight that left McDavid with a broken hand, well, the anti-fighting crowd didn’t like it, but within hockey circles it earned the Otters star high marks.

- “He’s a guy that will solve his own problems,” talent evaluator Mark Seidel says. “He’s not looking at the bench for help. He’s not a self-entitled kid.”

the right thing to do.”

That, more than his play, is the story of McDavid.

Sure, the 17-year-old for-

ward will be the centrepiece of Canada’s offence at the world juniors, starting Boxing Day in Montreal and Toronto. Sure, he’ll likely be the No. 1 pick for some lucky NHL team, a face of the franchise and cornerstone to build on. But it’s the combination of hockey skill and character — unselfish, humble — that draws comparisons to Crosby and even Gretzky.

“I’ve had a lot of players with a lot of ability that I wish had more character,” says Sherry Bassin, GM and owner of McDavid’s OHL club, the Erie Otters, “and I’ve had a lot of players with a lot of character that I wish had more ability. You put them both together, you get Connor McDavid.”

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You'll be inundated with coverage of the Connor McDavids, Jack Eichels and Curtis Lazars of the world juniors for the next couple weeks, but who should you watch for when the best of the best aren't on the ice? Here are a few up-and-comers to keep an eye on when the tournament starts Boxing Day.



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STEVE RUSSELL/TORSTAR NEWS SERVICE

Max Domi, forward, Canada

Max Domi, like his father Tie, isn't the biggest guy on the ice. But he has possessed an ability to produce offensively throughout his entire junior hockey career with the London Knights. He's also formed instant chemistry playing on a line with Anthony Duclair, who has appeared in 18 games for the NHL's New York Rangers this season. Early in the pre-tournament games, those two players have arguably been Canada's best up front.

5

Dark-horse players to watch at the WJC

Kasper Kapanen, forward, Finland

Drafted 22nd overall by the Pittsburgh Penguins in June, Kasper Kapanen, the son of former NHL forward Sami Kapanen, has represented Finland before on the international stage, but never in the world junior championship. He missed that opportunity in 2014 due to injury. The Finns are the defending gold-medal champs, but are expected to be led offensively by Kapanen, who is having a breakout year in SM liiga.



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Mirco Mueller, defenceman, Switzerland

The Swiss may not garner much attention in this tournament. But they do have a defenceman with NHL experience in Mirco Mueller, who has played in 24 games with the San Jose Sharks. Like his team, Mueller, taken 18th overall in 2013, might not be as well-known because of the country he plays for, and there's plenty more talent in this tournament. He's had international experience before, with three points in five games at a U-18 competition.



CHRISTIAN PETERSEN/GETTY IMAGES

NATHAN DENETTE/THE CANADIAN PRESS



Ilya Sorokin, goalie, Russia

Not sure if he counts as an unknown figure in this tournament after the pre-tournament performance he had against Team Canada, but Russian goalie Ilya Sorokin joined the Russian camp from the KHL. Drafted in the third round by the New York Islanders, he was not among the goaltenders for Russia at last year's tournament. Though if he plays like he did in a 52-save effort against Canada last week, it will be difficult to beat the Russians.

Thatcher Demko, goalie, United States

Thatcher Demko didn't get the chance to play in a game for the U.S. junior team in last year's competition, but he could certainly challenge for the starting role in 2015. Drafted in the second round by the Vancouver Canucks, he stopped all 14 shots faced in the opening half of the first pre-tournament game for the Americans. Many eyes will be on U.S. forward Jack Eichel, who could challenge Connor McDavid to go first overall next June. But strong goaltending could make the U.S. a golden contender.



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Saturn's influence over the next few days will encourage you to think before you act. If you are going to be ruthless, be ruthless with yourself.

♉ Taurus

April 21 - May 21

Try not to scatter your energy in too many directions because it's unlikely you will be able to maintain the pace. Focus on the one thing that matters most to you.

♊ Gemini

May 22 - June 21

The changes that take place over the next few days will work in your favour in the long term. If you take a risk it may well pay off but don't expect instant profit or pleasure.

♋ Cancer

June 22 - July 23

If someone tries to interfere in your personal affairs you must let them know you're not having it. Sometimes you have to act tough from the start and this is one of those times.

♌ Leo

July 24 - Aug. 23

A breakthrough is about to occur. Your rivals may say you have been lucky but you just worked harder than they did.

♍ Virgo

Aug. 24 - Sept. 23

There is so much you want to accomplish but if you are smart you will set realistic goals, both for this week and for the new year. Take each day as it comes.

♎ Libra

Sept. 24 - Oct. 23

Don't worry if others poke holes in your plans. You don't need anyone's permission to follow your dreams. Go it alone if you have to.

♏ Scorpio

Oct. 24 - Nov. 22

Travel and social activities will be fun over the holidays but the ride won't always be smooth. Plan ahead and give yourself plenty of time.

♐ Sagittarius

Nov. 23 - Dec. 21

Saturn's move into your sign marks the start of a two-year phase that will test you. The good news is you can handle whatever life throws at you.

♑ Capricorn

Dec. 22 - Jan. 20

The tougher the task the more you like it but with Saturn moving into the most sensitive area of your chart those tasks won't always be physical. Get your head together and everything else will fall into place.

♒ Aquarius

Jan. 21 - Feb. 19

Don't let others pressure you into accepting an offer you have no way of knowing is right for you. It could mean a lot more work for little return.

♓ Pisces

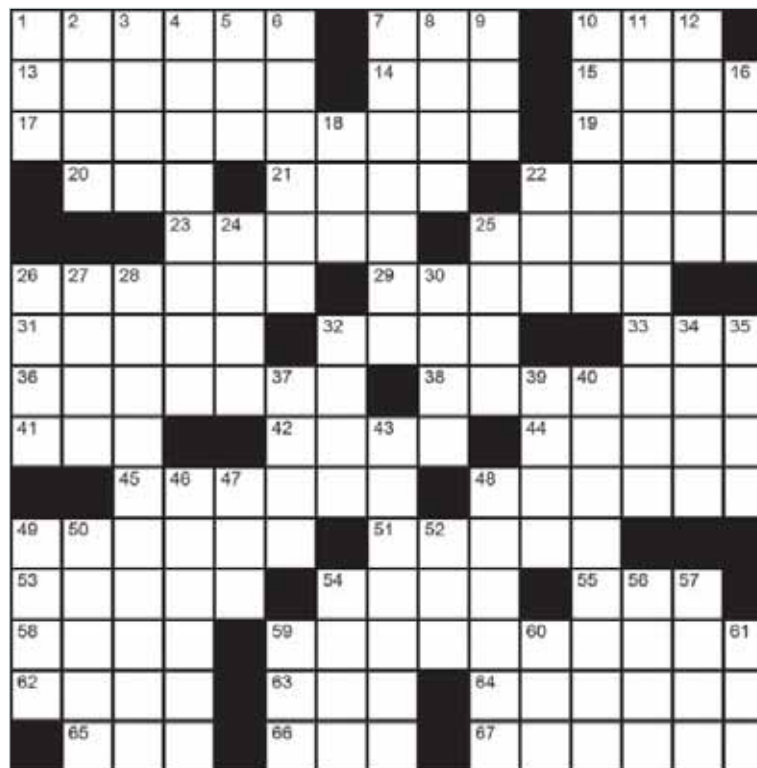
Feb. 20 - March 20

If you find it hard to discuss things in a civilized manner with certain people then the best thing to do is to stay out of their way.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Canadian voicer of Rudolph in 1964 TV classic "Rudolph the Red-Nosed Reindeer", ___ Mae Richards (b.1921 - d.2010)
7. Big name in trucks
10. AOL exchanges
13. "Christmas Is Coming" bit: "Please put a penny in ___ man's hat."
14. Hawaii's Mauna ___
15. Orchestra instrument
17. #1-Across... King Moonracer is a what? 2 wds.
19. Norway's capital
20. Tic-___Toe
21. Superlative suffix
22. More abundant
23. "___ we all?"
25. Cherry: French
26. Applied lightly
29. Shoe-lace-insertion spot
31. "Must Be Santa" part: "Who wears boots and ___ of red..."
32. Singleton
33. Audi models
36. Far: 2 wds.
38. Crafty Christmas garland material
41. Ship's stern
42. Taken: French
44. Level
45. Resident of The Buckeye State
48. Christmas sleigh



- pullers
49. Actor Ed's
 51. Mr. Desman, Canadian singer
 53. Category
 54. Adjective's friend
 55. Bother
 58. Speck

59. Festive season exchange: 2 wds.
62. Fragrant flower
63. Wood sorrel
64. Evangeline's home
65. Comedian Tina
66. Atop, in verse
67. Rents again

Down

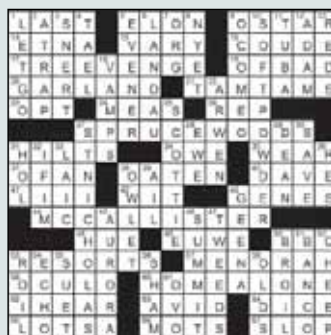
1. Texter's 'incident-ally'
2. "___ the jack-pot!!!"
3. Ms. Horne
4. Rustic place in the country: 2 wds.

5. 'Percent' suffix
6. Whirled in the water
7. Sparkle like tinsel
8. ___ point
9. Tin
10. Ivory: French
11. Domain of

#17-Across, Island of

12. #1-Across... Toronto-born actor who is #46-Down's voice, Paul ___
16. Legend
18. Mr. Dykstra
22. Faith [abbr.]
24. Network of nerves
25. Mackerel variety
26. Mr. Carvey
27. ___ yet (So far)
28. Frosty the Snowman feature: 2 wds.
30. Slangy positives
32. Scot's 'odd'
34. Christmas ___
35. Grads-to-be, briefly
37. Blood type, ___.
39. Snow remover
40. Festival, as in Wintertime
43. To an extent: 3 wds.
46. As per #12-Down... Elf who wants to be a dentist
47. Pique
48. Airplane garage
49. Culture medium
50. ___ Christmas plates
52. Beach structure
54. Naughty or ___
56. Christmas carol: "Sleigh ___"
57. Make a scarf
59. Gunk
60. Frozen pond surface
61. Tank filling

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

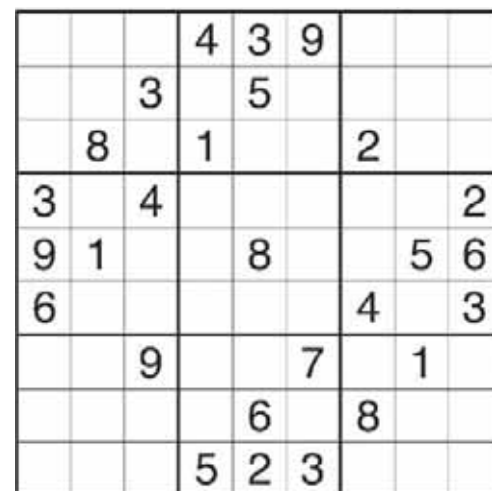


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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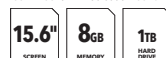
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